

## ENORMOUS YEARLY LOSS IN UNGATHERED FRUITS

Director Foushe Tells of Waste in  
System of Food Dis-  
tribution.

SHOULD CUT DOWN EXPENSES

Points to Great Outlay for Out-of-  
Season Delicacies and to Other In-  
dulgence Responsible for Much  
Food Waste.

In the midst of so much agitation for increased production, the old proverb of "a dollar saved is a dollar made" should be so widened as to apply not only to the pennies and the dimes, but to the things which do not stand for money. J. Frank Foushe, director of garden clubs of the American National Bank. Just as dollars can be made by not expending, so can production be increased by not wasting. Or, to express the great economic need of the hour in the fewest words, the slogan should be "produce more, waste less."

According to the latest official estimate \$700,000,000 worth of foodstuffs, or one-tenth of our country's liberty loan, is wasted annually through the sewer pipes and still cans. This estimate takes no account of the immense loss each year in the orchard and garden of fruits and vegetables that either are not gathered, nor the still heavier loss of perishable products after they pass into the channels of trade. Nor is any consideration given to that portion of the \$700,000,000 annually expended in the distribution of the products of the farms of the United States represents loss through unnecessary handling. Even a partial list of these losses should be enough to cause people to think and to take steps to lessen this annual waste.

In terms of per capita waste, each person of the 100,000,000 population of the United States is wasting \$7 annually, or about a cent a day. With the present valuations of all foodstuffs this small daily loss in the average home may be represented by the throwing away of a few pieces of bread, by carelessly peeling the potatoes or apples, or by any number of little things where preventing the waste would be easier than permitting it.

GREATER LOSS THROUGH  
EATING OUT OF SEASON

However, as appalling as the above figures may seem, there is a far greater loss through eating too much or supplying the table with things out of season. The subject of a well-balanced daily ration in most homes is the occasion of but little serious thought on the part of the housewife. With the every-day American citizen, eating seems to be more a matter of how much can be done to what is set before him than what is eaten will do for him in supplying the necessary energy for making him an efficient worker. As a general rule living out of season implies a loosening of the purse strings not only in that it entails a heavier cost at the time for the same food values, but also causes one's appetite to become so warped and twisted that he does not want the things that are cheap in season.

From many sources come expressions of supreme confidence that the United States will do her full part towards feeding herself and her allies. This she may do without any changes in the habits of her people as to their manner of living, but she can and will do all that is expected of her if these heavy losses are lessened to any appreciable extent. As to whether any such reform is had depends not only upon "line upon line and precept upon precept" as to cutting out waste in the field and in the kitchen, but upon the practice of economy in many other things than those having to do with food.

There would be missing the mark but little to say that there cannot be much hope for any marked reform in table economy without cutting out here and there other indulgences, which indirectly are responsible not only for glutting, but for food waste. If, heretofore, it has required two-thirds of the income of the average citizen to meet the other expenses of his home and only one-third for his table, it is hardly possible for him to make such a cut in the cost of his food either through eating less or food wasting none, as to offset the advance of from 50 to 100 per cent in its cost. The improbability of effecting the necessary saving on the one hand spent for food is greatly accentuated by a decided advance in practically all living expenses embraced in the two-thirds.

As imperative as is this need for cutting all living expenses, warning against any hysteric economy that will affect business. Those who thus plead for no disturbance of present business conditions in any way overlook the fact that it is impossible to

eat the loaf and have it too. A continuance of the present rate of destroying the sources of supply must need result sooner or later in a practical demonstration of the folly of killing the goose that lays the golden egg. A reduction in the amount of wooden goods worn might temporarily affect the manufacturer or dealer in clothing, but not so seriously as will a continuance of killing off the sheep so rapidly each year that there will be lacking the wool to keep the mills going. A determination on the part of the people as a whole to eat only half the amount of meat in view of its doubling in price would of necessity work a great hardship upon the packing-houses and all those working in them, but not near so great a one as the continuous killing of cattle and hogs at a much faster rate than they are multiplying. It cannot be overlooked that without the raw material a manufacturing plant cannot be kept going, and that there are many things far worse than a temporary loss. If it be hysteria to sound a note of warning for an economy that will prevent too great a reduction in the sources of supply, whether these be articles of food or manufacture, it should be quite fashionable to be hysterical at this time. Individual economy is again coming into its own as the one safe and sane remedy for the maladies that have befallen our nation as the result of too fast living, cutting living expenses all along the line is truly safety first.

### JACK WHEELER STILL ALIVE

Danville Boy Who Went to Europe in 1914 Had Been Given Up as Lost.

DANVILLE, Va., May 19.—Jack Wheeler, son of Mrs. Lilia M. Wheeler, a Danville youth, who went to Europe in 1914, and who since 1915 had been given up as lost by his mother, is at home and well, according to a letter received by his mother this week, in which he tells of being on a torpedoed ship. Wheeler left on a cattle boat, and up until a few days ago was last heard from at Gibraltar, at which place he mailed a letter to his mother, telling her that he was sailing on the following morning for America. For a year nothing was heard, and it was assumed that he had perished. Wheeler since that time has been in the service of the Anchor Line, and in his letter, written from Londonderry, Ireland, April 21, relates the attack on the ship of which he was second officer. "We were torpedoed and sunk," he writes, "by a German submarine 114 miles off the west coast of Troy Island on Sunday morning, April 22, at 11:30 A. M., but all on board were saved after we had been in the lifeboats for thirty-nine hours, with nothing to eat or drink. The submarine gave us time to get into the lifeboats, and that is the reason that we were all saved. There were in the boat of which I had charge ten men, all sailors, and fourteen young girls, all going to the front as Red Cross nurses, and I tell you I never saw such coolness in all of my life. They were not afraid, and even helped the men to row all they could, but some became so cold that they could not move when we landed. The Irish people are taking care of us, who are with the American consul until arrangements can be made to get us to America. The Irish people are the kindest people I ever met. They met us with earlaches here, a troop of Irish sailors and a band."



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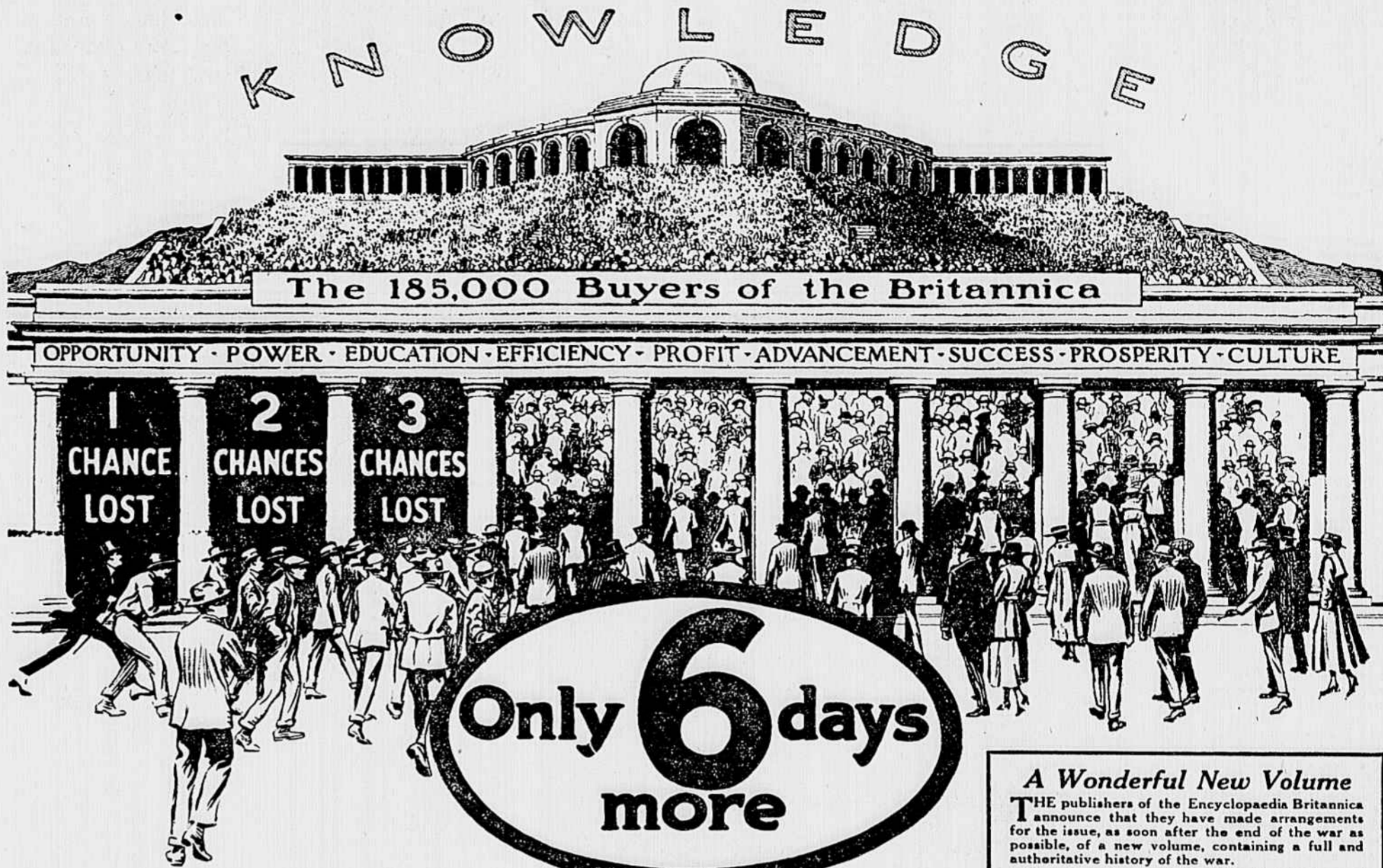
"Why, I didn't know what a good night's sleep was for the past year or two, until I began using Ironized Paw-Paw," said Mrs. Anna Lind, living at 21 South Elmwood Avenue, Baltimore. "I believe I had the worst case of indigestion and sleeplessness possible, along with nervous headaches. I had no pleasure in doing anything. I began taking Ironized Paw-Paw, and within a week, to my great surprise, I arose one morning to realize that I had recovered my health, sleeping the entire night through without waking and eating."

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